

All children – regardless of gender, starting point or background – will have the opportunity to engage with a high-quality PSHE education. They will be equipped with the knowledge, skills and vocabulary to understand that they need to lead confident, healthy, independent lives and to become respectful, active and responsible global citizens, so that they leave our school confident and assured of their place in this diverse and changing world. We intend to inspire a sense of enjoyment and curiosity about PSHE. We access the PSHE Association for lesson plans to assist our teaching and learning where applicable.

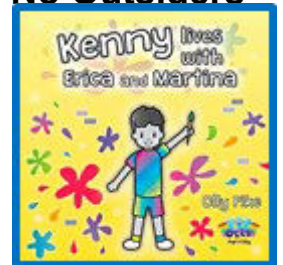
Physical Health and Wellbeing In the Media

Spring 2

Igniting Prior Knowledge:

- It is important to get enough sleep for personal health and wellbeing.
- Things like routine, relaxing, less screen time etc. may help someone sleep better.
- Too much screen time can have a negative impact on someone's personal health and wellbeing.
- There are drugs (other than medicines) that are common in everyday life – caffeine, alcohol, tobacco or nicotine.
- These products can be used in different locations and have different purposes.
- There are alternatives to some of these drugs.
- Alcohol can have negative effects on the body.
- Drinking alcohol may pose a greater or lesser risk, depending on the individual and the amount of alcohol consumed.
- There are laws and guidelines related to the consumption of alcohol.
- There can be different patterns of behaviour relating to drug use.
- A habit and addiction are different.

No Outsiders



New Knowledge:

- Messages given on food adverts can be misleading.
- Companies can use misleading marketing messages in order to make a product sound healthier for consumers.
- Advertising is one major influence of people's food and drink choices.
- The role of the media has a big impact of how celebrities are portrayed.
- Celebrities can be represented as role models by the media. They may be represented as good or not-so-good role models.
- We should be cautious about things that are read, heard or seen in the media.
- The media can manipulate images and these images don't always reflect reality.
- The media portrayal might affect people's feelings about themselves.
- We should accept and respect that people have bodies that are different.

Key Vocabulary:

- Marketing
- Misleading
- Advertise-

